



Germantown Community Recreation Center

55+ Active Adult Programs

The Germantown 55+ Club is two-day program that offers an opportunity for health, friendship, education, and exercise for the body, mind, and soul. We offer many learning experiences and fun activities such as luncheons, Mah Jong, arts and crafts, brain yoga, concert, health and wellness classes, and seminars. New faces are always welcome; come join us!

October 2018 Program Highlights

Thome Kensington Club (Registration through JCA)

Mondays and Thursdays: 10 am to 2 pm

Pickleball

Sundays: 12 noon to 2:30 pm

Senior Sneaker

Join the gym for \$50 a year

Evergreen Seniors

Tuesdays and Wednesdays 10 am to 2 pm

Game Room Hours:

Open during center hours

Fitness Classes

Bone Builders

Mondays and Thursday: 1-2pm

Offered in sessions by Montgomery County Recreation, the class is free but class size is limited. Visit ActiveMONTGOMERY.org to register or call 240-777-4925. The next session begins after Labor Day. (Free)

ARC Chair yoga

Monday's 15th and 29th from 1:00 1:50 pm

Senior Fit

Tuesdays: 1:45-2:30 pm, Thursdays: 11:30 am-12:15 pm
Registration is required through Holy Cross Health (Free)

Senior Ball Room Dancing

Mondays: 1:30—3:00 pm (Free)

Fall is upon us!!



Senior Program

Coordinator:

Julie Dorr

Senior Program

Hours:

Mondays & Thursdays

10:00 AM —2 PM

Center Director:

Doug Simpson,
Recreation Specialist

Assistant Director:

Ashleigh Jones,
Recreation Coordinator

Address:

18905 Kingsview Dr
Germantown, MD

Phone:

240-777-8095
Hablamos Español

Center Hours:

Monday-Thursday
9 AM– 9 PM

Friday
1 PM – 5 PM

Saturday
9 AM-3 PM

Sunday
12:00 PM – 5:00 PM

Julie's Corner

Welcome to the 55 Plus Club! October is a busy Month!! Make sure you wear warm clothes, so we stay well! We will have fun activities and events to participate in this month. We are still having the Walking Club If you have new ideas for activities, please let me know. We will have Seniorita Sunshine for the 1st time at the center!! She is awesome entertainer. We will have lots of arts projects to do this month! NOTE: Lounge Room (LR), Social Hall (SH), Art Room (AR)

Inclement Weather Policy:

During inclement weather, please listen to your local TV or radio for possible school closings.

Weather Line: 240-777-6889



**IF SCHOOLS ARE
CLOSED OR
DELAYED, WE WILL NOT MEET.**
**ALL classes,
programs, & meetings are
CANCELLED!**

"Life Is What You Take From Experiences"

Monday 1st

10- 11:00 am	Coffee/Tea Social
11:00-11:30	Walking Club
11:30 - 12:15	Art Class (Painting)
12:15 - 1	LUNCH
1 - 2 pm	Entertainment by Sunshine

Thursday 4th

10-10:45 am	Coffee/Tea Social
11:00-12:00	Brain Yoga
11:30-12:30	Senior Fit
12:15-1 pm	LUNCH
1-2 pm	BINGO (LR)

Monday 8th

10-11:00 am	Coffee/Tea Social
11:00- 12:00	Art Class (Mystery Project)
12:00- 12:15	Walking Club
12:15-1pm	LUNCH
1:00-2	Yoga with Lisa (LR)

Thursday 11th

10-11:00 am	Coffee/Tea Social
11:30 - 12:30	Senior Fit
12:15-1pm	LUNCH
1:00-2	Bowling (SH)

Monday 15th

10-11:00 am	
11:00 -12:00	
1-2 pm	Easy Chair Yoga
1-2 pm	Returning to Center

Van Trip! Seats are limited

Thursday 18th

10-11:00 am	Coffee/Tea Social
11:30- 12:30	Senior Fit
12:15 -1:00	LUNCH
1-2pm	Games (LR)

Monday 22nd

10-11:00 am	Coffee/Tea Social
11:00- 12:15	Art Class (Magnetic Project)
11:30- 12:30	LUNCH
1- 2 pm	Clancyworks (SH)

Thursday 25th

10-11:00 am	Coffee/Tea Social
11:30 - 12:30	Senior Fit
12:15-1pm	LUNCH
1:00-2	Brain Yoga (LR)

Monday 29th

10-11:00 am	Coffee/Tea Social
11:00 -12:00	Halloween Party
12:15-1pm	LUNCH
1:00-2	Easy Chair Yoga (LR)

*** Activities are subjective to change if necessary ***